



COVID-19 • UNDERSTANDING HPCON BRAVO

To maintain the readiness and protection of installation personnel and their families, Marine Corps Installations East (MCIEAST) has a basic plan in place to address an outbreak of infectious disease. As part of this plan, Naval Medical Center Camp Lejeune (NMCCL) works closely with MCIEAST

leaders to identify and address any health threat that may appear. In order to organize this effort, the Department of Defense has established a system of Health Protection Conditions (HPCONs). Each level of HPCON (and there are five, labeled Zero, A, B, C and D) is associated with a specific level of health risk. MCIEAST is implementing HPCON B so that military and medical leaders can take the necessary precautions to prevent or respond to a potential outbreak. Again, there is no outbreak in this area at this time.



What defines HPCON B?

Health Protection Condition Bravo (HPCON B) means there are confirmed cases of a disease such as the 2019 Novel Coronavirus (COVID-19). There is still only ONE confirmed case of COVID-19 on Marine Corps Base Camp Lejeune. However, due to the changes by the State of North Carolina and area schools, installation and medical leadership are moving into HPCON B in preparation to mitigate any potential spread of the disease. Currently, there is no indication of community spread.

What should I expect during HPCON B?

The public should be prepared for schools to be closed for some time. Services the public is normally accustomed to on a MCIEAST installation may be closed or reduced during HPCON B (gyms, churches, entertainment venues, etc.) Personnel should expect changes to or cancellations of large group meetings or events. Active duty service members and government civilians can expect sustained restriction of travel under the latest Department of Defense guidance.

What should I be doing during HPCON B?

The public must utilize strict hygiene and cleaning measures. You should stock up your home with non-perishable food items, medications, and other necessities for at least 14 days. The public will want to practice social distancing, staying at home rather than gathering in areas with many people (malls, movie theaters, gyms). If you must visit stores for purchasing items needed for the 14 days, limit your time around others. It is essential that the base population pay attention to the information being issued about COVID-19 with guidance from the Centers for Disease Control and Prevention (CDC). For more information on preparing your family and home, [click here](#).

Who declares the level of HPCON?

Per Department of Defense Instruction (DoDI) 6200.03, a Health Protection Condition (HPCON) is set by the military commander in consultation with their Public Health Emergency Officer (PHEO) and the local Military Treatment Facility Commander/Director.



NAVAL MEDICAL CENTER CAMP LEJEUNE

IMPORTANT COVID-19 HEALTH CARE INFORMATION

What should I do if I think I have COVID-19?

Call your health care professional if you think you have been exposed to COVID-19 and develop the associated symptoms. **You should call ahead to a health care professional rather than arrive in-person at the Medical Center.** This will help our medical staff take steps to keep others from being infected or exposed.

How can I prevent COVID-19? There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. The CDC always recommends the following preventive actions to help prevent the spread of respiratory viruses:

- ✓ Avoid close contact with people who are sick.
- ✓ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ✓ Stay home or follow your local sick call procedure when you are sick.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✓ Clean and disinfect frequently-touched objects and surfaces.

NOTE: The CDC **DOES NOT RECOMMEND** that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. **Facemasks should be used by people who show symptoms of COVID-19** to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

COVID-19 is a respiratory disease. The virus that causes COVID-19 is infecting people and spreading easily from person-to-person. Cases have been detected in most countries worldwide and community spread is being detected in a growing number of countries. On March 11, 2020, the World Health Organization classified COVID-19 as a pandemic. Older adults and those with serious chronic medical conditions seem to be at a higher risk of contracting COVID-19.

How is COVID-19 spread? The virus is thought to spread mainly from person-to-person; between people who are in close contact with one another (within about 6 feet) and through respiratory droplets when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people nearby or possibly inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What are symptoms of COVID-19? The following symptoms may appear 2-14 days after exposure: fever, cough, shortness of breath.

How will officials update people if the HPCON level changes?

Any updates involving MCIEAST and NMCCCL will be posted to their respective Facebook pages and installation websites:

- www.facebook.com/camp.lejeune
- www.facebook.com/mcasnewriver
- www.facebook.com/NMCCLejeune
- www.lejeune.marines.mil/COVID-19/
- www.newriver.marines.mil/COVID-19/
- www.med.navy.mil/sites/nhcl/News/Pages/COVID-19.aspx

Please don't speculate or contribute to the rumor mill. Seek out and follow confirmed sources for guidance to include the following:

- **Center for Disease Control (CDC)** is the lead agency for the US Government and the best place to get current information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **NC Division of Public Health** provides statewide updates: <https://publichealth.nc.gov/>
- Outside of the US, the **World Health Organization (WHO)** provides current worldwide updates: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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